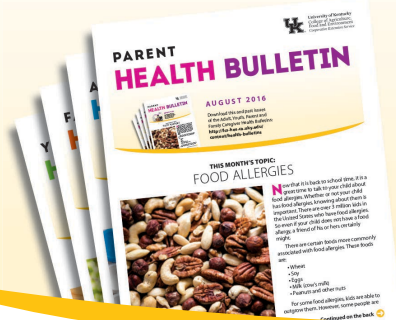


PARENT HEALTH BULLETIN



APRIL 2017

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

HAVE A SAFE AND HAPPY SPRING BREAK!



Spring break can be a time to get out of the day-to-day routine with your child. Whether you are travelling far or staying close to home, a safe spring break is important. Here are a few things to think about and ways to stay safe while enjoying the springtime break.

Travel safely

It is very important to make sure that everyone in the car is buckled up, even if going for a short drive. By encouraging your child to buckle up right away when getting into the car, you are getting them into a very good habit. You can also set a good example by making sure you are always buckled. If you are travelling an even longer

Continued on the back 



If your child will be biking, roller blading or skateboarding, make sure he or she does not forget the helmet.

→ Continued from page 1

distance, make sure the seatbelt stays on your child the whole time and in the proper place. If your child is under 13 years old, he or she should ride in the back seat.

Be safe outside

If the family is going to be outside for some time, make sure to cover all exposed skin with sunscreen. A sunburn is a quick way to end fun in the sun. If you are going to be out for a long time, do not forget to reapply the sunscreen every 1.5 to 2 hours or after being in the water or sweating.

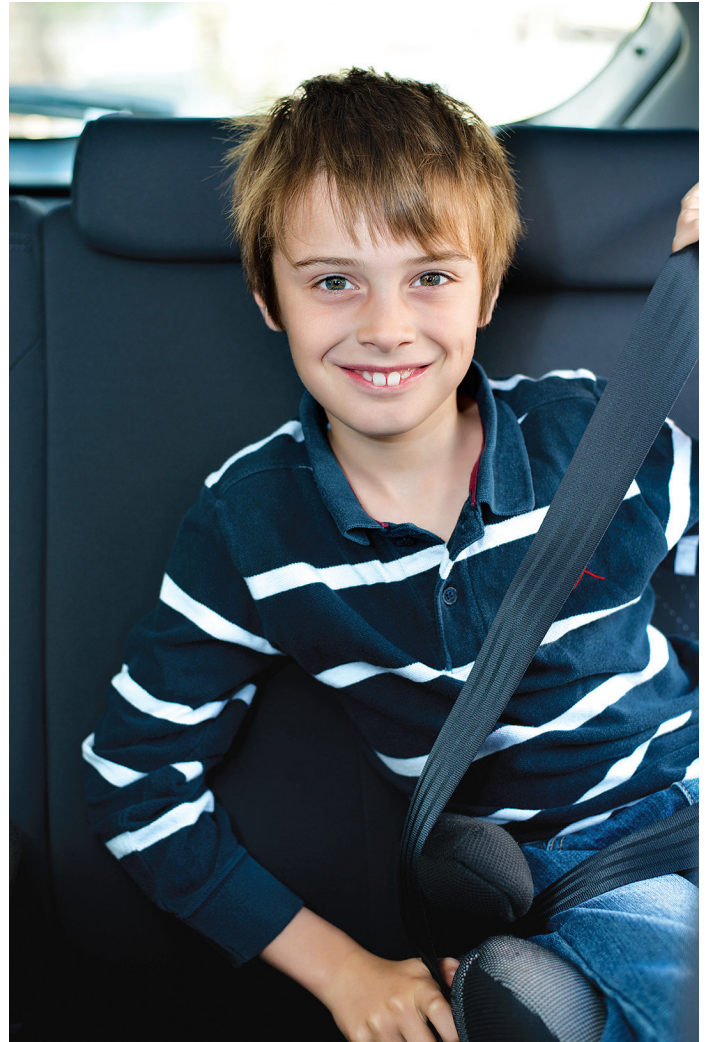
If your child will be playing on a trampoline during the break, be sure to talk about staying safe. Only one person should be on the trampoline at a time. When there is more than one person on the trampoline, there is a higher chance that someone could get hurt, including breaking bones. Also, remember to share with your child that if he or she is not a trained gymnast, your child should not try to do flips or fancy jumps.

If your child will be biking, roller blading or skateboarding, make sure he or she does not forget the helmet. This is a very important part of staying safe. Make sure your child snaps the chin strap as well. If you are biking or skating with your child, make sure you are also wearing a helmet.

Eat healthy foods

It is easy when you are not in your usual day-to-day routine to eat foods that are quick and not as

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healthy. If your family is on the go this spring break, try to pack healthy snacks such as fresh fruit and vegetables. If you are ordering at a restaurant, try to make sure some fruit or vegetables are included in your child's meal.

Spring break can provide some great family time. It is important to be safe and enjoy every minute.

SOURCE:

<http://www.childrenshospital.vanderbilt.org>

**PARENT
HEALTH BULLETIN**

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